

Back to Chiropractic

Presented by: Shirley Watson DC

Learning Objectives 6 Hours Nutrition

1. Overview
 - a. Genes
 - b. SNP's
 - c. Neurotransmitters
2. Neurotransmitters in Depth
 - a. Serotonin
 - b. Dopamine
 - c. Histamine
 - d. Glutathione
 - e. Nitric Oxide
 - f. Co-factors
3. Epigenetics
 - a. Definition
 - b. Role it plays in disease expression
4. Methylation and Neurotransmitters
5. SNP Examples
 - a. MTHFR
 - b. COMP
 - c. DOA
 - d. GST/GPX
 - e. NO
 - f. PEMT
6. The interplay of cycles
 - a. Methylation
 - b. Folate cycle
 - c. BH4
7. SNP expression and health

Time	Topic
Hour 1	Overview of gene's, SNP's (single-nucleotide polymorphis), and neurotransmitters.
Hours 2-3	Neurotransmitters: Serotonin, Dopamine, Histamine, Glutathione, Phosphatidycholine and co-factors.
Hours 3-4	Epigenetics and Methylation
Hours 5	SNP's: MTHFR, COMP, DOA, MAOA, GST/GPT, NO, PEMY
Hour 6	Repairing SNP's and restoring health